

## Essential Newborn Care **1**

# SIMULATION PRACTICE CARDS



### *Quick, hands-on practice of Immediate Care and Helping Babies Breathe at Birth*

- Learning cases for two or three people
- Based on situations that providers encounter in the health facility



**World Health  
Organization**

*The recommended management of the cases are based on WHO guidelines*

Essential Newborn Care Basic Course

Essential Newborn Care 1

Simulation Practice Cards

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# Essential Newborn Care 1

Immediate Care and Helping Babies Breathe at Birth

Record and use data - Provide respectful care - Prevent infection

The Golden Minute®

60 sec



**Welcome mother and assess  
Prepare for birth\***

See Essential Childbirth Care

\*Check equipment



Disinfect immediately after use

Baby born



**Dry thoroughly**  
Crying/breathing?



Crying/  
breathing well



Not crying/  
not breathing well



**Keep warm  
Check breathing**

Give mother  
uterotonic



**Keep warm  
Stimulate  
Clear airway if needed**



Breathing well

Breathing?

Not breathing



**Call for help  
Clamp and cut cord  
Ventilate**

Breathing

**Clamp and  
cut cord**

**Continue  
skin-to-skin care  
and monitor**

**Monitor  
with mother**

Not breathing  
No chest movement

**Improve ventilation**



**Help initiate  
breastfeeding**

Breathing

Not breathing  
Heart rate?



Normal

Not breathing

Slow

**Continue ventilation  
Decide on advanced care**

Assessment and Continuing Care  
See Essential Newborn Care 2

























